

October - 2022



Swami Sivanand Seva Samiti REGD



Seva Samachar

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sivanandsevasamiti.org

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SWAMI SIVANAND SEVA SAMITI, CHIDANANDA KASHI, GANESHPUR,
UTTARKASHI, UTTARAKHAND, INDIA.

Thought for the Month: One World

By Swami Premananda

The world is an abode of miseries, momentary and perishable. One who accepts it willingly, knowingly can live in this world smoothly without problems and irritations. He will be able to adjust and accommodate with time, situation and adverse conditions of life.

Once some blind persons thought of seeing an elephant. They See by touch only. When they came near the elephant and started touching it at different parts of the body; one says the elephant is like a hill. The second says it is like a pillar, the other says it is like a big pan. Still the other says no it is like a snake. All are right in there stand point where one is different from the other.

In the same way the world appears differently to different persons. There is no particular form of the world. It is different in different conditions, times and situations. So it is transitory and perishable, not reliable, delusive, confusive and foggy.

It is a secret-cycle and ever changing. It is a constant doubt, a question mark! It is beginningless and endless. It is a battlefield.

The world is a Mirage. It is a superimposition, a wonder! Un expressible, it is a long dream. A Magic show, it is a lens house with different kinds and sizes. So it is one in many and many in one. It is composed by pairs of opposites. It is a boundless ocean, it is called ignorance, it is a disease. It is an envelope; a covering of the reality.

The only way to get rid of this world mystery is to discover (reveal) the truth and realize it. The truth is hidden inside. The covering is nothing but names and forms. Hidden inside is the existence, knowledge of it and satisfaction of it (bliss). When one tears away and throws off the cover (names and forms) the real matter is known. That matter really matters, the envelope does not matter. Wake up now, keep aside the names and forms of the world and realize the truth and abide ever in the kingdom of peace. Oh Ram!

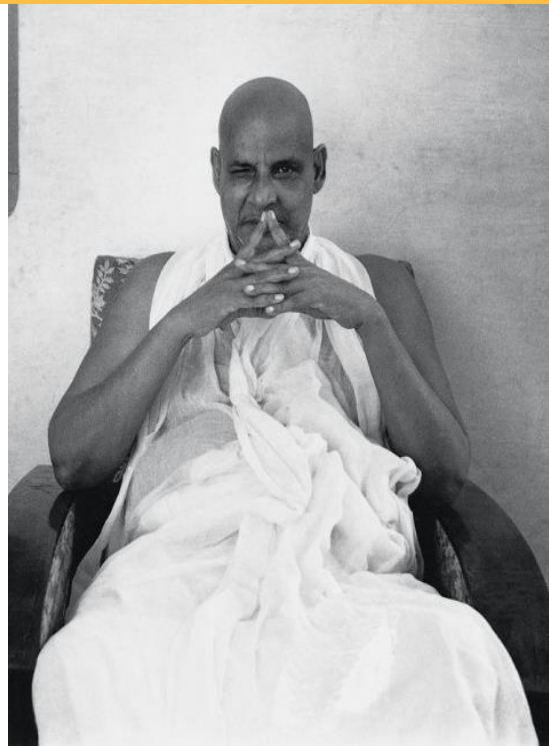
May Guru dev bless all to realize the truth and solve all problems.

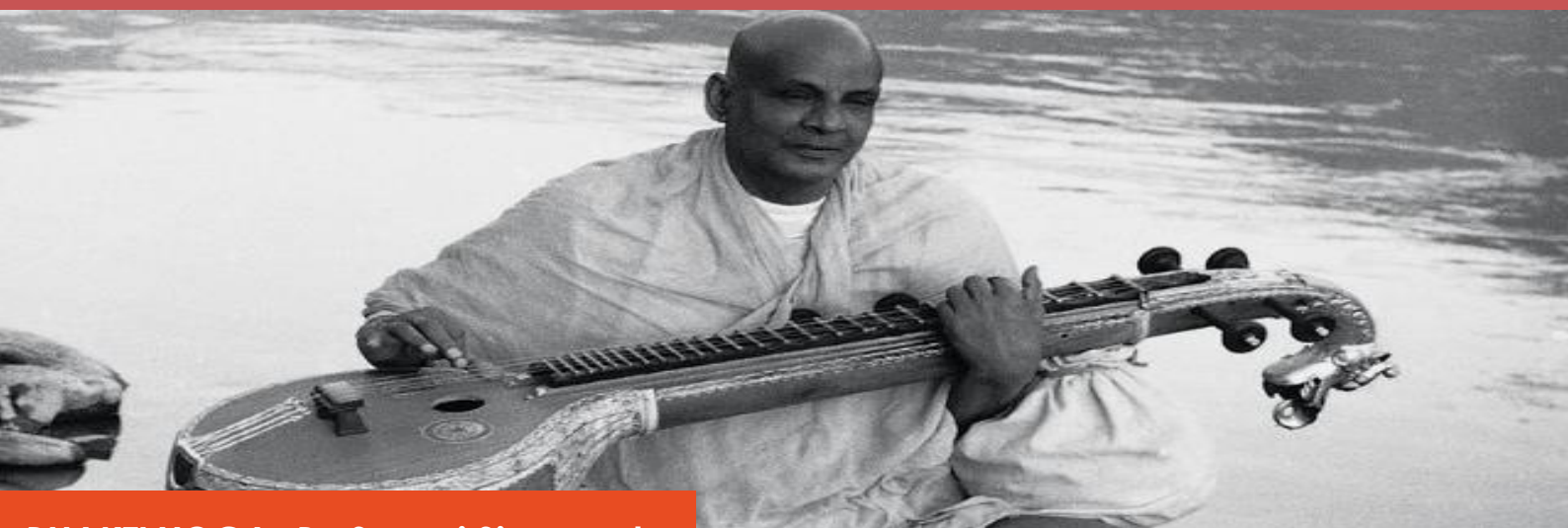
Om Shantih.

Swam Premanand

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BHAKTI YOGA- By Swami Sivananda

The term *Bhakti* comes from the root '*Bhaj*', which means 'to be attached to God'. Bhajan, worship, Bhakti, Anurag, Prem, Priti are synonymous terms. Bhakti is love for love's sake. The devotee wants God and God alone. There is no selfish expectation here. There is no fear also. Therefore it is called '*Parama Prem Rupa*'. The devotee feels, believes, conceives and imagines that his *Ishtam* (tutelary deity) is an Ocean of Love or Prem.

Bhakti is the slender thread of Prem or love that binds the heart of a devotee with the lotus feet of the Lord. Bhakti is intense devotion and supreme attachment to God. Bhakti is supreme love for God. It is the spontaneous out-pouring of Prem towards the Beloved. It is pure, unselfish, divine love or *Suddha Prem*. There is not a bit of bargaining or expectation of anything here. This higher feeling is indescribable in words. It has to be sincerely experienced by the devotee. Bhakti is a sacred, higher emotion with sublime sentiments that unites the devotees with the Lord. Mark how love develops. First arises faith. Then follows attraction and after that adoration. Adoration leads to suppression of mundane desires. The result is single-mindedness and satisfaction. Then grow attachment and supreme love towards God. In this type of highest Bhakti all attraction and attachment which one has for objects of enjoyment are transferred to the only dearest object, viz., God. This leads the devotee to an eternal union with his Beloved and culminates in oneness.

Bhakti is of various kinds. One classification is *Sakamya* and *Nishkamya* Bhakti. *Sakamya* Bhakti is devotion with desire for material gains. But you will not get supreme satisfaction, immortality and *Moksha* through *Sakamya* Bhakti. Your Bhakti should always be *Nishkamya* Bhakti. God has already given everything for this life. Be contented with these. Aspire for *Nishkamya* Bhakti. Your heart will be purified and the Divine Grace will descend upon you

Bhakti is also classified into *Gauna-Bhakti* and *Mukhya-Bhakti*. *Gauna-Bhakti* is the lower Bhakti and *Mukhya-Bhakti* is the higher type of Bhakti. Go from stage to stage. Just as a flower grows in the garden, so also gradually develop love or Prem in the garden of your heart. The enemy of devotion is egoism and desire. Where there is no *Kama* or desire, there alone will Rama (the Lord) manifest Himself. The enemies of peace and devotion are lust, anger and greed. Anger destroys your peace and your health also. When a man abuses you, keep peaceful. When blood begins to boil, it is impoverished. You lose vitality if you become a prey to fits of temper.

The fruits of Bhakti is *Jnana*. *Jnana* intensifies Bhakti. Even *Jnanis* like Sankara, Madhusudana and Suka Dev took to Bhakti after Realization to enjoy the sweetness of loving relationship with God.

Swami Sivananda





The Thing To Be Known- By Swami Chidananda

May the divine grace of the Supreme Being and the loving and compassionate benedictions of the Holy Master grant that we many all live a life of simplicity and dignity, truthfulness and fearlessness, compassion and loving kindness—a life of ceaseless remembrance of God and continuous inner meditation in the midst of outer physical action and activity! May God and Gurudev give us the gift of a synthesis of the inner and the outer. May they grant us their insight that there is neither the inner nor the outer, but there is only one single undivided God-principle to which everything is an inseparable part of Itself. It is in dualities that we have inner and outer—action and inaction, remembrance and forgetfulness. In that state of absolute faith in the non-dual, all-pervading presence of the one Reality that is subtler than the subtlest, the self-created delusion of distinctions and the self-created delusion of the dual throng, the pairs of opposites, cease to exist, and God alone exists. So there is no possibility of there being such thoughts and such concepts as near and far, past and present, inner and outer, presence and absence, when whatever is an eternal, all-pervading, non-dual IS of the Supreme Being.

Modern science prides itself in being impartial observers and relentless pursuers of truth. They want facts, facts that are verifiable, tangible, reproducible any number of times given the same circumstances. So they say, "We are the seekers of truth. We are in search of practical realities, of verifiable and provable facts, not in presumptions or assumptions." They are seekers in pursuit of tangible facts, and they have marvellously succeeded in making themselves aware of ever so many facts in ever so many fields of human knowledge in this outer universe. But our ancients experienced something without which no other experience is possible. They declared, "We have not bothered ourselves about searching, observing, experiencing and becoming aware of facts in this passing projection or manifestation. We have made our quest in another dimension of the human being, and we have discovered the fact of awareness.

"But for awareness, nothing can be cognised. But for awareness, no knowledge is possible. Knowledge itself has as its basis the knower. The knower can be the knower only if It is a centre of luminous awareness, knowing all things. It shines everywhere as awareness—*prajnanam brahma*. That ultimate Reality is awareness, consciousness, which existing all things become known to exist. Without consciousness there would be nothing, no knowledge. Nothing is possible. Because the irreducible, axiomatic reality or the truth is that there is a great awareness—*chaitanyam sashvatam santam vyomatitam niranjanam* (...who is pure Consciousness, eternal, peaceful, beyond ether, and untainted). Beyond all categories, beyond all phenomena there is pure consciousness, which alone knows everything and is able to proclaim anything and everything. Our scientists of the inner realm of the Spirit loudly proclaimed: "We have come across the thing to be known, knowing which everything else becomes known. It is of the nature of consciousness, awareness. "The greatest of all knowledge is that which makes all knowledge possible, that is the alpha, the source. May you become thus blessed with that supreme experience beyond all things perceived by the senses, thought of by the mind, inferred by the intellect, felt in the deepest depths of your feeling full heart. Beyond all this is something indescribable, imponderable, which makes all these things possible—the awareness and the consciousness which says that I am. May divine grace and the benedictions of the Master grant us that experience of pure consciousness. That consciousness is your identity. That consciousness you are. For other than That you cannot be anything else. Because that consciousness is supreme and non-dual. That experience is peace, that experience is unutterable bliss, that experience is silence—a depth of silence where no articulate words are possible. For that experience this rare gift of the human status has been given. That is what makes it the most supreme of all gifts in spite of all things that may seem to be the contrary of peace and bliss. It is what makes the supreme gift of our human status unparalleled in value.

Knowing this to be so, may we apply ourselves with all earnestness, with total sincerity, with humility and determination. May we apply ourselves to making the highest and best use of this status, and thus putting it to the highest use attain the highest joy. May this be the quest, and may full success be granted. May the quest cease to be, and may the experience absolute prevail in all its fullness at all times. To be established ever in that great experience is the vision of the ancients of this country, where God-realisation was declared to be the highest of all goals of humanity.

Swami Chidananda

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Daily Programme

- Our Day begins early at 5 am with Vishnu Sahashranam and Saraswati Upanishad Recitation with prayers.
- Daily rituals of Mother River Ganga, Gangadhar Mahadev, Radha Krishna & Gurudeva are performed in the Temple
- Evening Satsang is performed with enchanting prayers offered to all Lords by Reciting Mahimna Paath, Hanuman Chalisa, Ramayan Paath and Bhajans. Every Saturday of the week, Ramayana especially Sundarkand is recited with full fervor encompassing nearby Villagers, Students and Sadhakas.
- Now, with 1008 subscribers and an ever-growing number of viewers, our Daily Yoga Vasishta Classes are reaching seekers across the globe. Join Swami Premanand at 9:30 Am in the offline or online to experience the magic of one of the most significant pieces of text ever to be written!
- A Bhagavad Gita class by Swami Premanandaji is conducted every evening at 8.30 pm. This class is also being streamed through our [Youtube Channel](#).
- All notable festivals of the Hindu calendar are celebrated with pomp and glory.
- Narayan Seva is providing an indispensable support to the Wandering sadhus, Pilgrims, and to underprivileged people living in the Uttarkashi Himalayan villages. Support is offered by means of Dry Ration, Money, Medical/ambulance and help to the poor people for houses, marriages and daily needs, etc.

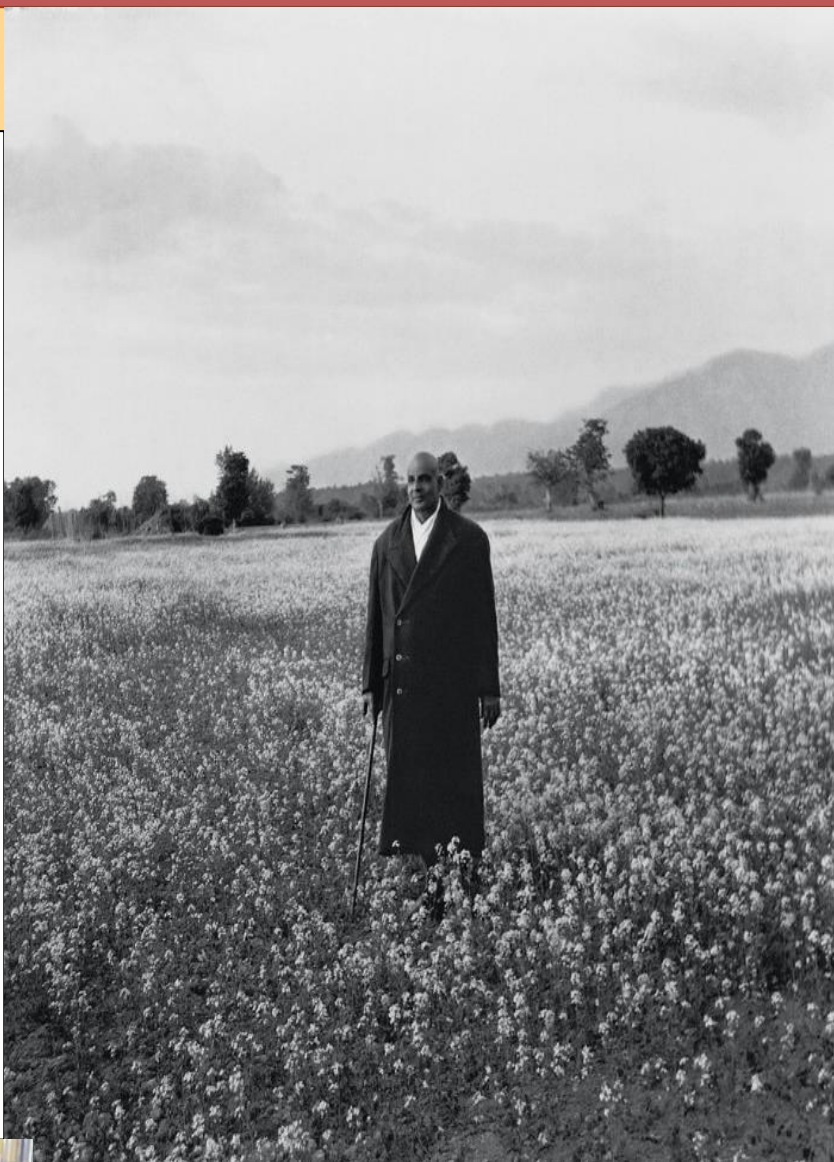
Total No. of such People/ Families supported: 15

SERVE, LOVE, GIVE



Gurudev Swami Sivananda 135th Birth Anniversary

The 8th of September is always looked forward to with relish-delight and circled on the calendars that adorn the walls of Sivananda Ashram. As the date marks the momentous advent of our beloved Swami Sivananda upon this earthly plane, 135-years ago. Many of us did not have the good-fortune to cross physical-paths with Gurudev, before he left his body in Mahasamadhi, July 1963. But, almost 60 years later he is as much alive today, in the hearts and minds of people, as ever. Whether he walks amongst us in person or not he is beside us in everything we do. Supporting us, guiding us and nurturing us on the path. And it is important that we remember this and what better occasion to do so than on his birthday? For world-changing Saints and Sages, like Swami Sivananda inspire us. They propel us to become like them and attain the same state of bliss they achieved. Had it not been for their existence, there would not have been spiritual uplift and salvation for us. Their glory is indescribable. Their wisdom in unfathomable. They are deep like the ocean, steady like the Himalayas, pure like the Himalayan snow, effulgent like the sun. One crosses this terrible ocean of Samsara or births and deaths through their grace. Accordingly, the auspicious day was celebrated with zeal by all ashramites! Puja was performed to remember the magnanimous Saint who inspired the world and created the Divine Life Society that has served so many. Followed by the distribution of prasad to all in attendance.





Eye Camp September 2022

Swami Sivanand Seva Samiti conducts frequent free Eye-camps. Doctors and specialists from India as well as abroad are involved in providing the necessary consultancy during the camps. All medical aids are distributed to the needy patients free of cost.

These Eye camps are an endeavour from Swami Premanand ji on a philanthropic ground towards welfare of rural communities around Uttarkashi hilly villages. Eye camp has become a monthly activity and jovial selfless service which is actively taken by all ashram inmates, Doctors, residents, Students to make it a success.

On 3rd September and 4th September, under the leadership of Dir. Om Prakash Verma, MBBS, MS (ophthalmology) such a camp was conducted.

No. Patients : 292

Cataract Surgery done for : 52

1. All patients detected with cataract during routine check-up are being out called by the Doctor, informed about Eye camp.
2. Eye camp starts with blood test for sugar, reading of eye lens with A-SCAN, with its necessary evaluation and investigation.
3. Post approval from our Surgeon, eyes are dilated and made ready for surgery.
4. SCIC technique, modern technology PHACO machines are being used for the surgery.
5. Patients are bandaged with eye patch and kept overnight and given free food, Night stay, with free Blanket.
6. Subsequent Day, patients are treated with Eye Drops, Eye Glass and Medicines.





Healthcare Activities

The current running departments of Sivanand Dharmarth Chikitsalay are General OPD, Eye, Dental, Physiotherapy, Pathology Lab, Ayurveda, Homeopathy, Veterinary and Ambulance Services for referral or emergency cases.

Panchakarma department is functioning well for male and female. The Tele Medicine facility having connectivity with AIIMS Rishikesh serves many chronic patients.

The Entire Dispensary works on HIMS (Hospital Information Management System) helping in maintenance of Electronic Medical Record, Pharmacy stock & Issue details and quick generation of patient Data. This is the only hospital in the entire Uttarkashi region offering this automated service.

The whole medical services are based on selfless-service to the needy.



Patients Attended to in Hospital OPD	:	579
Eye patients	:	292
Panchakarma	:	213
Physiotherapy patients	:	219
Pathology Tests	:	38
Ambulance Seva to patients	:	05
Homeopathy patients	:	77
Dental	:	46

Health is state of complete harmony of body, mind and spirit.
When one is free from physical disabilities and mental distractions,
The gates of the soul open.



Guru Maharaj Swami Chidananda 106th Birth Celebration



Scores of persons abiding within the ashram and worldwide are devotees of the honorable and enlightened Master, who touched the hearts of millions around the globe. In his honor and to keep Guru Maharaj's essence as prevalent as ever, each year our ashram at Ganeshpur holds Chidananda Kathamritam. With the event entailing various affairs.

This year too all of them including Swami Premanand Ji Maharaj and Swami Atamananda and all other devotees at ashram shared the experiences with guru Maharaj, keeping up his glory, also a online event was conducted where disciples around the world came together to share their experiences.

May Guru Maharaj Blessings be upon all of us.

Chidananda Maharaj Ki Jai.



Navaratri Celebrations 2022

ॐ सर्वमंगल मांगल्ये शवे सर्वार्थ
सा धके।

शरण्ये त्र्यंबके गौरी नारायण
नमोऽस्तुते॥

Ashwini Navaratri festival started on 26th September 2022, a beautiful idol of Mother, with beautiful background of Himalayas was setup, daily saptashati was recited daily. Every evening Maha Arati and offerings to the mother in which ashramites and visitors participated with great devotion and enthusiasm.

We wish May Mother, the Saviour from all Sorrows and Dangers, grant us the vision and knowledge to realize the TRUTH!




Significance of Navaratri

Durga Puja is the greatest Hindu festival in which God is adored as Mother. Hinduism is the only religion in the world which has emphasized to such an extent the motherhood of God. One's relationship with one's mother is the dearest and the sweetest of all human relations. Hence, it is proper to look upon God as mother.

Durga represents the Divine Mother. She is the energy aspect of the Lord. Without Durga, Shiva has no expression and without Shiva, Durga has no existence. Shiva is the soul of Durga; Durga is identical with Shiva. Lord Shiva is only the silent witness. He is motionless, absolutely changeless. He is not affected by the cosmic play. It is Durga who does everything.

Shakti is the omnipotent power of the Lord, or the Cosmic Energy. The Divine Mother is represented as having ten different weapons in Her hands. She sits on a lion. She keeps up the play of the Lord through the three attributes of Nature, namely, Sattwa, Rajas and Tamas. Knowledge, peace, lust, anger, greed, egoism and pride, are all her forms.



Teachings from Yoga Vasistha : The Immortality Of The Soul

Where there exist a causality, there is an effectuality also accompanied with it; so where there is no cause whatever, there can be no effect also following the same. Therefore there is no possibility of any cause or its effect in this world , which is manifest before us , the self - same essence of the ever tranquil and the unborn spirit of god. The effect that comes to pass from a cause , is of course alike to the nature of its causality; but what similarity can there exist between one , which is neither the cause nor effect of the other?

Say how can a tree grow which has no seed for its growth , and how can God have a seed whose nature is inscrutable in thought , and inexpressible in words . All things that have their causality at any time or place , are of course of the nature of their causal influence; but how can there be a similarity of anything with God who is never the cause of an effect? Brahma the uncausing uncaused cause of all, has no causality in him; therefore the meaning of the word world , is something that has no cause whatever. (Jagat means what is going on forever) .

Therefore think yourself as Brahma , according to the view of the intelligent; but the world appears as something extended in the sight of men of imperfect understandings. When the word is taken as one and the same with the tranquil intellect of god , it must be viewed in the light of the transparent spirit of Brahmā. (i.e. spiritually and intellectually they are both the same) . Any other notion, which the mind may entertain about the nature of god, is said by the intelligent, to be the destruction of the right concept of the Deity. That the destruction of the mind (or mental error) , is tantamount to the destruction of the soul; and slight forgetfulness of the spirit, is hard to be retrieved in a whole kalpa. (He that loses the sight of his Lord for a moment, loses it forever) . Now sooner you are freed from your personality, than you find yourself to full of Divine knowledge, and your false personality fly away from for your consummation spirituality. If you think the world to be existent from the meaning of the word viswa or all, then tell me how and whence could all this come into existence. How can you call one to be a Brahman, who lifts up his arms and proclaims himself about to be a sudra? He who cries himself saying that he is dead, after the sinking of his pulsation, take him for the dead, and his living to be mistaken for life. All these erroneous appearances, that present themselves before us, are as false as a circle described by the whirling flame of a torch, and as delusive as the water in the mirage, a secondary moon in the mist, and the spectre of boys.

What then is the true name of this erroneous substance, misleading us to the wrong, which is commonly designated as the mind, and is wrapped in ignorance and error. The mind is another name for ignorance, and an unreality appearing as a real entity. Here ignorance takes the name of the mind, and unreality passes under the title of reality Ignorance is the want of true knowledge, as knowledge is the privation of ignorance. Ignorance or false knowledge, is driven by our knowledge of truth; as the error of water in the desert, is dispelled by the knowledge of mirage. As the knowledge of mirage removes the error of water in the sandy desert, so the knowledge of the mind as gross ignorance, removes the erroneous mind from the inward seat of the heart. (The heart and mind are often used for one another).

The knowledge of the want of a mind, serves to root out its prejudice at once; as the knowledge of the rope as no snake, removes the fear of the reptile in the rope. As the knowledge of the privation of the snake in the rope, removes its bias from the mind; so the knowledge of the want of the mind, removes this offspring's of error and ignorance from within us .

The knowledge of there being no such thing as the mind, removes its false impressions from the heart, because the mind and our egoism, are the brood of our ignorance only. There is no mind nor egoism, seated in us as we commonly believe to be; there is one pure intelligence only both with and without us, which we can hardly perceive. You who had so long the sense of your desire, your mind and your personality from your ignorant only; are quite set free from all of them at this moment, by your being awakened to the light of knowledge. All the troubles that you have to meet with, owing to your fostering the inborn desire of your heart; are all driven away by your want of desire, as the wind disperses the flaming conflagration of the forest. It is the dense essence of the Divinity that pervades the whole universe, as it is this circumvent ocean which surrounds all the continents of the earth. There is nothing in existence as I, you, this, or that or any other; there is no mind nor the senses, nor the earth nor sky; but they are all as the manifestations of the Divine spirit. As the visible, appear in the forms of the frail pot and other fragile bodies on earth; so the many false invisible things appear to us in the forms of the mind, egoism and the like.

There is nothing, that is either born or dies away in all these three worlds; it is only the display of the Divine intellect, that gives rise to the ideas of existence and non - existence. All these are but representations of the supreme soul, now evolved and now spread out from it; and there is no room for unity or duality, nor any error or fallibility in its nature.

Mind, O friend, that you are the true one, in the shape of your senses, and these will never be burnt at your cremation, nor will you be utterly destroyed by your death. No part of yourself is ever increased or annihilated at any time, the entirety of your pure self is immortal, and must remain entire forever. The powers of your volition and nolition, and the other faculties of your body and mind, are attributes of yourself; as the beams of moon, are the significant properties of that luminary. (The attributes are denotative of the subject). Always remember the nature of your soul, to be unborn and increate, without its beginning and end, never decaying and ever remaining the same, it is indivisible and without parts, it is the true essence, and existing from the beginning and never to have its end . **(The Immortality Of The Soul)**



BECOME A MEMBER

MEMBERSHIP DETAILS

I am privileged to be a part of Swami Sivanand Seva Samiti, Chidananda Kashi, Ganeshpur, Uttarkashi.

My details:

Name :

AGE:

OCCUPATION:

ADDRESS:

PHONE NUMBER:

EMAIL:

Please send us the above information by email to:
swami.premananda@gmail.com

MEMBERSHIP PLANS

- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

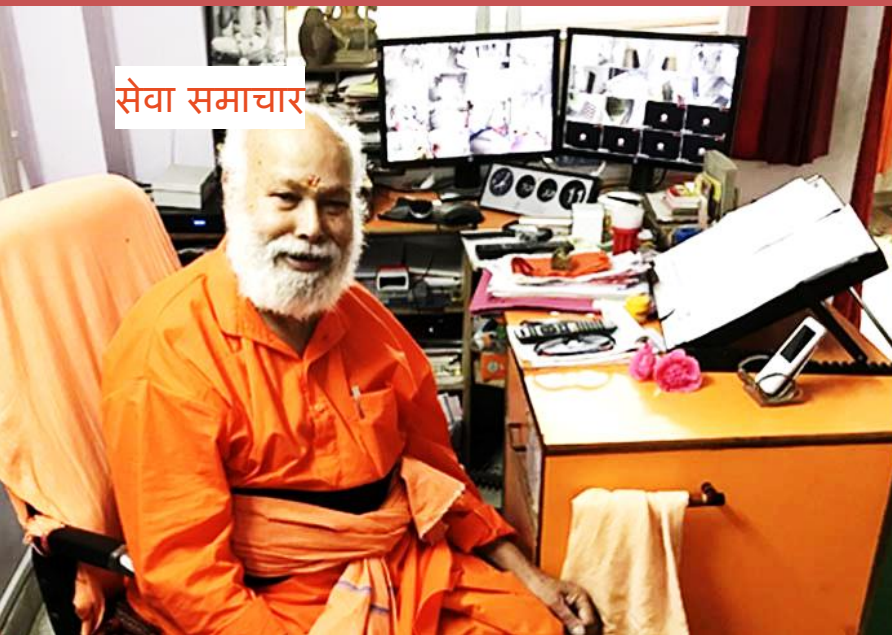
www.sivanandasevasamiti.org

HOW TO DONATE [Click Here](#)

ANNA DANAM	Rs. 3, 100 for 100 people per day
VASTRA DANAM	Rs. 2, 100 for 1 person for Blanket, Sweaters and clothes
CHIKITSA DANAM	Rs. 1, 100 for 1 week and Rs. 5001 for 1 month per person
VIDYA DANAM	Rs. 5, 001 for 1 student per year
GAU SEVA	Rs. 5, 100 for 1 Cow per month
BHANDARA	Contact us for details

PLEASE SEND ALL DETAILS TO – swami.premananda@gmail.com

सेवा समाचार



SWAMI SIVANAND SEVA SAMITI

WE ARE ON THE WEB!

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[click here for our Youtube Channel](#)

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Swami Sivanand Seva Samiti is rendering one of the greatest services to humanity and mankind through **Sivanand Dharmarth Chikitsalay**. Keeping healthcare as an emerging need and responsibility to address, Samiti would extend its philanthropic medical arm to more and more people and connect for longer period. In the wake of it, there is a need of Corpus Fund to spearhead the cause.

Like-minded people are welcome to support this endeavour towards the noble cause of healthcare. The interest generated out of the Corpus Fund is being used for the medical help in the rural areas.

SUPPORT US:

SWAMI SIVANAND SEVA SAMITI supports needy people through various seva, right from education to health in many ways. Everybody is welcome to support the Samiti by being a part of these various SEVAS. For all Donations and **Fund transfer from India or Abroad**, reach us at swami.premananda@gmail.com. All donations should be sent with full name, address, and PAN Card Details.

